

RWK Limburg
Maastricht, 16- - 24-11-2019

Programmanr. 31
24-11-2019

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 2						
1.	Lars Hagens	Hzpc	6:06.64	200600349	5:36.35 +0,71	
	50m: 37.78	37.78 150m: 2:04.47	42.54	250m: 3:32.86	47.08 350m: 4:58.83	39.26
	100m: 1:21.93	44.15 200m: 2:45.78	41.31	300m: 4:19.57	46.71 400m: 5:36.35	37.52
2.	Matthew Finney	Hzpc	6:14.83	200602167	5:48.21 +0,77	
	50m: 36.87	36.87 150m: 2:07.14	45.15	250m: 3:41.55	51.17 350m: 5:10.98	38.78
	100m: 1:21.99	45.12 200m: 2:50.38	43.24	300m: 4:32.20	50.65 400m: 5:48.21	37.23
3.	Luuk Teunissen	Noord Limburg(SG)	6:18.76	200600859	5:54.79 +0,57	
	50m: 37.59	37.59 150m: 2:09.29	46.24	250m: 3:42.42	48.57 350m: 5:14.54	42.06
	100m: 1:23.05	45.46 200m: 2:53.85	44.56	300m: 4:32.48	50.06 400m: 5:54.79	40.25
4.	Ruben de Vries	Hellas-Glana	6:15.46	200600497	6:10.74 +0,54	
	50m: 40.59	40.59 150m: 2:18.51	48.75	250m: 3:55.54	50.60 350m: 5:30.22	42.37
	100m: 1:29.76	49.17 200m: 3:04.94	46.43	300m: 4:47.85	52.31 400m: 6:10.74	40.52
Junioren 3 en 4						
1.	Luca Janssen	Mosa-Regio	5:01.88	200403237	4:56.35 +0,73	
	50m: 29.03	29.03 150m: 1:44.76	40.78	250m: 3:06.19	42.08 350m: 4:24.10	36.05
	100m: 1:03.98	34.95 200m: 2:24.11	39.35	300m: 3:48.05	41.86 400m: 4:56.35	32.25
2.	Cas Verstegen	Hzpc	5:00.73	200500891	4:56.61 +0,72	
	50m: 30.91	30.91 150m: 1:47.49	39.83	250m: 3:07.79	40.83 350m: 4:24.03	34.67
	100m: 1:07.66	36.75 200m: 2:26.96	39.47	300m: 3:49.36	41.57 400m: 4:56.61	32.58
3.	Joost Schuurmans	Hellas-Glana	5:19.44	200400543	5:17.29 +0,77	
	50m: 33.77	33.77 150m: 1:55.35	40.88	250m: 3:19.96	44.78 350m: 4:42.83	36.68
	100m: 1:14.47	40.70 200m: 2:35.18	39.83	300m: 4:06.15	46.19 400m: 5:17.29	34.46
4.	Jurre Veldhuijsen	Hellas-Glana	5:31.26	200400603	5:30.16 +0,78	
	50m: 36.22	36.22 150m: 2:00.71	40.30	250m: 3:28.01	47.32 350m: 4:53.94	37.98
	100m: 1:20.41	44.19 200m: 2:40.69	39.98	300m: 4:15.96	47.95 400m: 5:30.16	36.22
5.	Stan Kopers	Hellas-Glana	6:02.02	200501063	5:41.79 +0,65	
	50m: 37.86	37.86 150m: 2:02.64	42.85	250m: 3:36.39	52.07 350m: 5:04.92	38.84
	100m: 1:19.79	41.93 200m: 2:44.32	41.68	300m: 4:26.08	49.69 400m: 5:41.79	36.87
6.	Luca van den Berg	Mosa-Regio	5:44.99	200401087	5:42.52 +0,75	
	50m: 33.05	33.05 150m: 2:00.77	45.19	250m: 3:35.28	50.69 350m: 5:04.78	38.56
	100m: 1:15.58	42.53 200m: 2:44.59	43.82	300m: 4:26.22	50.94 400m: 5:42.52	37.74
7.	Jason van der Beek	sgpatrick-deroersoppers	5:48.33	200403933	5:45.61 +0,76	
	50m: 35.69	35.69 150m: 2:08.36	50.69	250m: 3:42.19	44.94 350m: 5:08.56	39.25
	100m: 1:17.67	41.98 200m: 2:57.25	48.89	300m: 4:29.31	47.12 400m: 5:45.61	37.05
DIS	Tijn van Kuijk	Hzpc	5:00.71	200501087	+0,68	
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>					
DIS	Stan Houtvast	Hellas-Glana	5:47.61	200500883	+0,58	
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					
Jeugd 1 en 2						
1.	Esper Schreurs	Zeps	4:41.98	200300433	4:37.76 +0,72	
	50m: 29.30	29.30 150m: 1:39.76	35.95	250m: 2:53.59	37.82 350m: 4:05.57	33.44
	100m: 1:03.81	34.51 200m: 2:15.77	36.01	300m: 3:32.13	38.54 400m: 4:37.76	32.19
2.	Nino van Beek	Zeps	4:54.70	200202153	4:55.35 +0,69	
	50m: 29.64	29.64 150m: 1:44.76	39.46	250m: 3:03.96	40.66 350m: 4:21.18	35.47
	100m: 1:05.30	35.66 200m: 2:23.30	38.54	300m: 3:45.71	41.75 400m: 4:55.35	34.17
3.	Sjors Lemmers	Hzpc	4:58.44	200300555	4:57.98 +0,68	
	50m: 31.14	31.14 150m: 1:46.94	40.13	250m: 3:06.75	41.13 350m: 4:24.13	35.87
	100m: 1:06.81	35.67 200m: 2:25.62	38.68	300m: 3:48.26	41.51 400m: 4:57.98	33.85
4.	Daan Wijnands	sgpatrick-deroersoppers	5:25.27	200200127	5:31.88 +0,62	
	50m: 33.09	33.09 150m: 1:57.73	44.13	250m: 3:29.55	48.78 350m: 4:56.54	37.74
	100m: 1:13.60	40.51 200m: 2:40.77	43.04	300m: 4:18.80	49.25 400m: 5:31.88	35.34
5.	Mike Jansen	sgpatrick-deroersoppers	5:28.04	200200151	5:37.73 +0,67	
	50m: 34.20	34.20 150m: 1:56.90	42.08	250m: 3:27.61	49.75 350m: 4:58.01	41.12
	100m: 1:14.82	40.62 200m: 2:37.86	40.96	300m: 4:16.89	49.28 400m: 5:37.73	39.72

RWK Limburg
Maastricht, 16- - 24-11-2019

Programmanr. 31, Heren, 400m wisselslag

Senioren 1 en ouder

1. Koen Koster		Hzpc		4:28.83	199900517		4:30.02	+0,69			
50m:	27.32	27.32	150m:	1:34.67	34.44	250m:	2:46.14	37.51	350m:	3:58.18	33.34
100m:	1:00.23	32.91	200m:	2:08.63	33.96	300m:	3:24.84	38.70	400m:	4:30.02	31.84
2. Björn Piket		Hzpc		4:40.42	199602133		4:43.16	+0,66			
50m:	30.47	30.47	150m:	1:42.59	36.17	250m:	2:57.48	39.04	350m:	4:11.38	33.60
100m:	1:06.42	35.95	200m:	2:18.44	35.85	300m:	3:37.78	40.30	400m:	4:43.16	31.78
3. Koen Wijnands		sgpatrick-deroersoppers		5:11.65	199800247		5:21.54	+0,67			
50m:	31.05	31.05	150m:	1:51.38	42.42	250m:	3:20.28	45.94	350m:	4:44.47	36.89
100m:	1:08.96	37.91	200m:	2:34.34	42.96	300m:	4:07.58	47.30	400m:	5:21.54	37.07